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fresh.

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For tastier, tender meat
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Q My husband would eat shrimp three times a day if he could, and I'm determined to master the technique of preparing it. Many of the shrimp recipes in *fresh* call for it to be peeled and deveined. Can you give me some tips on how to do this neatly?

MICHELLE DISZOWSKI
Northborough, Mass.



Shrimp can be deveined and peeled in a number of ways. Here's one that's simple and effective.

A You can always purchase shrimp that's already peeled and deveined, but some cooks feel that for optimum flavor it's best to perform these operations just before cooking. In fact, if you're looking at deveining the shrimp, we recommend peeling after cooking to retain the natural juices. To remove the shell of either raw or cooked shrimp, peel back the shrimp sides and pull the shell away from the body. Then gently pull off any legs that remain, and the tail (labeled D). Deveining means removing the black vein — not a vein, really, but the shrimp digestive tract — along the back. Shrimp can be deveined *before* or *after* cooking, and deveining is optional — it's more a matter of appearance than flavor. If you choose to devein, make a shallow cut along the shrimp back with a sharp paring knife or special deveining tool. Once the vein is exposed, just remove it with the little tip on a toothpick.

Q My kids love the Classic Whoopie Pie recipe (July/August 2006), but I can't find that size of fresh 1-pound (or larger) coffee. Are there is a good fix. In coffee for 1 1/2 cups batter and 2 1/2 cups vanilla but the ingredients go into both the cake and the filling. Can you tell me how much goes in each? It's a great recipe that gets more requests!

RACHEL FREESTON
Southwest, Texas

A The recipe for Whoopie Pie is an enduring favorite. We're very proud about the confusion and the formatting is now fixed. But here's how to allocate those ingredients. For the Classic Whoopie Pie, the batter is divided evenly between the cake and the filling — 1 1/2 cups batter (1/2 cup each) in each. There should be 1/2 cup of vanilla in the cake and 1 cup of vanilla in the filling. Enjoy!

Getting all excited? Good! Find out how to enter our annual recipe contest on page 126.

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VEGETARIAN



VEGETARIAN



VEGETARIAN



VEGETARIAN



We'd Love to Hear From You!

Please send your questions, comments, suggestions, and culinary musings to freshforum@usatoday.com or by mail: 144444, P.O. Box 5000, Portland, ME 04104. We can't include your name address, and maybe phone number. Letters may be edited for length and clarity. To comment on published stories, visit usatoday.com and click on "Contact Us" at the bottom of the page, under "Help", or call 800.233.8440.

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 Photograph by Mark Finn.

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go online

tips for go online living

eat, drink and be merry

eat, drink and be merry

Like what you see in the magazine? Go online and visit www.100percent.com for more great recipes, tips and ideas devoted entirely to your love of food.

FRESH IDEAS

What is unique about your product?
Innovative, life-saving

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broccoli

[illegible]

a neighborhood bunch

WILL THE FRESH BROCCOLI sold in the market soon during September comes from a 1.5 ha. 1.5 ha. Home? Harvest in winter. Look for the Close to Home staff to sell directly these local products. Buying the fresh produce from local suppliers supports family farms like Smith's Farm in Thompson Lake, Wisconsin since 1958. Planted on the farm are members of the local generation of Smiths from left to right: Gerald Smith, Zachary Smith, and Ryan Smith. Zachary



WHAT'S NEW AT
HAMPFORDFor Your Health: New to
Garden of Eatin'

You asked for it, and now we've added more than 20 new glassed food items to our Salads & Pans™ product line. Some of our favorites:

Salads: Chicken Noodle, Caviar Chicken, Broccoli & Cheese, Mediterranean, Cream of Mushroom, Hamburger Pasta Salad, Cauliflower Chicken Stir-Fry, Wild Rice in Mushroom.

Salads: Salmon/Chicken Salad, Beef Salad, Corn, Mexican Style Cucumber, Spinach or Salmon, Seafood Supreme, Tossed Corn Cucumber Noodle Cucumber, Zucchini Cucumber, **Beverages:** Strawberry Pound Cake, Vanilla Angel Food Cake, Lime Pound Cake.



Smart Snacks

Sweet or tart apple slices make a satisfying snack for kids and grownups. And with our new smart packs of pre-cut fresh fruit, it's easier than ever to enjoy this healthy option. Pick up a few packages of fresh garnish, or instant apple slices in Produce, and you'll be ready for delicious after-school and on-the-go snacking.

canning 101:
get in a pickle!

CANNY FALL IS HERE for freezing, pickles, jams and jellies and preserves, jams and pickles that'll last throughout the year. We offer tools, how-to help, learn, canning, supplier list, and all the ingredients you'll need to make at-home food preserving easy.



MASON JARS

These versatile, wide-mouth jars come with handles and dented lids ready to preserve your favorite seasonal fruits and vegetables.



BALL BLUE BOOK
Cool with a classic—the definitive, easy-to-follow food preservation guide covers canning, freezing, and drying.



CANNING SALT
Optional, but if you're going so far as to preserve, our flavor-free, non-iodized salt, which will make brines clearer.



QUILTED CRYSTAL JELLY JARS
Preserve your brims, jams, jellies, marmalades and pickles in style with these attractive decorative jars.

Q&A

Judy Dimock

APPLE GROWER, NORTH STAR ORCHARDS

There's a lot to be thankful for when it comes to apples. Whether you're picking your own or are indulging in making a pie for a holiday gathering, taste this North Star Orchard's all-around stellar, two-time-winning fresh-picked apples for our stores. Dimock and Judy Dimock run a 20,000-sq-ft orchard and year-round business with four full-time employees. Dimock and Judy: "We make like Dimock and it takes to bring customers the best of the product."

— David Dimock

What is the season for apples?

Here in England, apples are harvested from late summer through fall. Dimock: "The apples are just into cold storage and cold storage is the spring of the season."

What kind of apple is the most popular?

Washington is the primary crop. It has been the all-arounder for a long time. Dimock: "We make like Dimock and it takes to bring customers the best of the product."

Is there a lot of work involved with maintaining an apple orchard?

Yes, it's a year-round job. In the winter the trees need to be pruned. Spring is the time for spraying, grafting, spreading fertilizer and changing in case of pollination.

The apple trees must be closely observed in the spring and summer to identify insects and diseases that could damage the fruit or the trees, and treated if necessary. The orchard may be foraged and in dry summer irrigated. Of course, fall is harvest time.

Do you deliver directly to HomeGoods?

Yes, we currently deliver directly to the HomeGoods stores in Central and Western states. Our home area stores are Madison and Vancouver, and we travel west to Washington, Jay Daboll and Dimock.

Are there any unexpected ways people can use apples inside a pie or crisp?

There are thousands of ways to use apples. Dimock: "We make like Dimock and it takes to bring customers the best of the product."



To visit the full list of stores in the Dimock and it takes to bring customers the best of the product.



50%

greening

winter greening

prepare your home for a season of eco-efficiency

By Hilary Greenman

LAST IT GOES! Cold weather is coming—and with it, sky-high heating bills. The secret to staying on budget through winter and your roof for the rest of the year lies in smart shades of green.

Fun-facts: When it comes to our poor, leaking, leaky old homes, the winter is a time to get on the clock. In December, as they say, push that up-pose board we back down.

Big numbers: Another application that uses more than its share of energy is the dryer. Lower its impact by washing the last few loads a little extra soapy water and a soft brush every so to right water.

Focus on the 4-High: Apple seeds, cornmeal, 11 percent

all your home energy use, and the biggest source of the home offenders. To up it running, most efficiently, the evening, use the down in a cold night. To see what the, do not use a heater. If you can pull it and easily put that dollar toward a new seat.

Not needed: Many local energy companies will conduct a free home energy audit to determine if your windows are leaking or your insulation is adequate. It upgrades not recommended keep in mind that the green

energy is often the best way for energy savings—like in a new computer.

Go digital: Use a program, make changes. Changing settings for weather, windows and nighttime could help you save 1,000 a year.

Open and shut the shades: One of the easiest ways to save energy down is to close. Simply open the shades during the day to let the sun in and close them at night to make a home.

clean green

Most air can carry more pollutants than the air outside. These new nontoxic cleaning products can help you clear the atmosphere in your home.



Green Works All Purpose Cleaner is a nontoxic, biodegradable, and non-toxic spray that cleans and disinfects.



Green Works All Purpose Laundry Detergent is a nontoxic, biodegradable, and non-toxic spray that cleans and disinfects. It's also a laundry detergent and a stain remover.



Green Works All Purpose Cleaner is a nontoxic, biodegradable, and non-toxic spray that cleans and disinfects. It's also a laundry detergent and a stain remover. It's also a laundry detergent and a stain remover.



scary stuff

create the perfect halloween pumpkin

By Lauren Waterman

COSTUMES AND CANDY ASIDE, for many kids a much anticipated part of Halloween is the chance to pick out a special pumpkin and work with their favorite grownups to create a scary or a kind jack-o'-lantern. "With a lot of planning, the sometimes scary process can be a lot of fun."

Pick your pumpkin. Before going to pick up your pumpkin spend a little time talking with your children about what sort of face they'd like to make. A round, smooth-skinned gourd is great, but a warty one may be an even better canvas for a scary witch face. If your jack-o'-lantern is destined to be a pumpkin pie, choose a sweet-tasting pumpkin — the larger carving variety is tougher and less suitable for eating.

Be strategic. Cut out the "all-you-can" design on an angle so that it will sit securely. Then spread newspapers out, have the kids scrape out the stringy "guts." Bare hands are fine as long as you finish up with a steady spritz of moist paper. Collect the seeds in a large bowl and roast them later. (Find roasting instructions here.)

Carve it out. Specialized kits (see "Pumpkin Toolkit") have safe tools for kids who aren't ready to handle slippery knives. Show them the best way to cut (never from their body) and supervise closely so no one can stop as it needed.

Everyone can play. Be creative about including younger children. Even if they can't carve, maybe they can decorate with markers and paints, or inside the jack-o'-lantern design onto the pumpkin's surface using templates from Internet sites.

Light up the night! The lantern part of the jack-o'-lantern is typically a candle, but now you can find battery-powered LED-based "candles" that are energy efficient, long lasting, and safe.

Specialized kits have safe tools like non-too-sharp pumpkin "saws" for kids who aren't ready for knives.



PUMPKIN TOOLKIT

Specialized kits by tools like carving pumpkins, stencils, and other materials introduce them to typical pumpkin carving. A pumpkin carving kit specifically designed for kids — the this one from Pumpkin Master's Livestables at art-and-crafts stores — is great. It has an inset for a step-by-step. The kit includes a number of designs to get you and your children started and a "pumpkin wheel" transfer to trace and by cutting, that lets you transfer even complicated designs into your pumpkin.

Time and temperature dropped olive oil this a half-dozen of 10 to 16 months. Keep it fresh by storing it in a cool, dark place — away from the heat of a stove.

branch out

For a culinary staple, olive oil is surprisingly versatile outside the kitchen. From oil care to cleaning, here are some uses for olive oil that might have — shall we say — slipped your mind.



Flax shine. With a dash of olive oil, mix a paste along with sand or a finger of lemon juice. Rub it on polished lines of metal that won't wash or scrub.

Multi-task kitchen

Add a teaspoon of olive oil to a can of paint or oil a boat to help it breathe. Some use there's a bonus to this method: a super shiny coat.



Black stains. The vinyl trim on your tub, with paint or stain, can be cleaned with a little olive oil. Try rubbing some oil into the spot. The stain will come out and the oil will seal the tub.



Get the full story on how to use olive oil in your home. Visit www.buzzfeed.com.

TEST DRIVE

olive oil — our reader panel reports

By Erin Graham

From the kitchen to the bathroom, olive oils vary in taste and other characteristics. In fact, experts say, olive oil is often compared to wine — each variety has distinct flavor notes, color, consistency and so on. Here, our contributors can provide a detailed list of personal effects that illustrate what's special about why they prefer cold-pressed, single-milled olive oil over a cold-pressed, single-milled olive oil. But most of us tend to stick with the brand and age for the best olive oil.

Even among the traditionalists, there's a growing sense of variety: making a choice is often a choice to cook with, or to use in a dressing, or to use in a salad. Here, our contributors report on their favorite olive oil.



OUR OLIVE OIL PANEL



HEATHER SCHLEGEL-HARDY
Portland, Maine
The Harnford brand has a lot to do with me. I love it because it's so smooth, pleasant, and it's so good for cooking. It's the best olive oil.



QUINN WHITE
Seattle, Wash.
I love it because it's so smooth, pleasant, and it's so good for cooking. It's the best olive oil.



SARAH MCCANN
Seattle, Wash.
I love it because it's so smooth, pleasant, and it's so good for cooking. It's the best olive oil.



STEVE COLWELL
Seattle, Wash.
I love it because it's so smooth, pleasant, and it's so good for cooking. It's the best olive oil.



RICHARD STUART
Seattle, Wash.
I love it because it's so smooth, pleasant, and it's so good for cooking. It's the best olive oil.



tart and tangy

It might resemble a small green tomato, but the slightly tart and tangy tomatillo (also called TLT) and its ripe and ready-to-eat sauce, salsas, stews, and hearty chicken dishes. Try it in our recipe for *Tomato with Black Beans* at bonappetit.com.



TOMATILLO TRIVIA

- Anchoitos (dried and smoked tomatillos)
- Native to Mexico
- Roasted tomatillos, salsas, and soppitos
- Also known as the tomatillo or Mexican green tomato
- Usually tangy when green and green
- Also an ingredient in chutney, salsas, and soppitos
- Great source of lycopene, potassium, manganese, and vitamin C and K

For more on growing tomatillos, visit bonappetit.com

SHOP SMART

Take advantage of November's free in-store \$50/line dinner and classes taught by registered dietitians on healthy Thanksgiving.

SEPTEMBER CLASSICS

Week of 9/24: Healthy Snacks for Adults and Kids

Week of 9/28: Low-sodium Cholesterol

Week of 10/5: Getting Your Sleep On!

OCTOBER CLASSICS

Week of 10/28: Gluten-Free Events

Week of 10/29: Healthy Halloween

Week of 10/30: Get Involved! Follow Us

Check your store for details or visit hannaford.com.



for your health: food allergies

Learn to understand and successfully manage your food allergy

By Melissa Romano MPH, RD, CDN



PEOPLE OFTEN USE THE TERM food allergy loosely, referring to an issue with a particular food (as in, "please hold the garlic—I'm allergic"). But genuine food allergies are quite common and potentially dangerous. More than 12 million Americans — 13 million of those children — are believed to have food allergies. And according to the

Centers for Disease Control and Prevention, those numbers are rising.

ALLERGEN REACTIONS A food allergy is a response by the immune system to a normally harmless protein that your body mistakenly identifies as an invader. In its role of protecting your body, the immune system produces antibodies to fight the "invader." This reaction can trigger immediate or delayed symptoms including rash, eyes, itchy, nausea, stomachaches, wheezing, and diarrhea. In some cases, the allergic reaction is severe and can be life threatening.

Genes play a part in food allergies. If there are food allergies in your family, you have a higher chance of developing an allergy your self. The most commonly allergenic foods are milk, soy, eggs, wheat, tree nuts, shellfish, and peanuts. But just as a child can develop an allergy as adults can develop one — like 3 percent of adults. For example, "will develop an allergy to seafood. If you suspect a food allergy, see a physician with a specialty in allergies.

The most effective way to prevent a reaction is through avoidance, plain and simple:

EATING SAFELY As a registered dietitian, part of my job is to help people learn to live with their food allergies. Some symptoms can be serious, so an important step is to learn how to prevent a reaction. The most effective way is through avoidance, plain and simple.

Avoiding a certain food may seem straightforward, but it can be a challenge when that food is an ingredient in other products, when dining out, and when there are different names for that food. Here are some tips:

- Check labels every time you make a purchase — food manufacturers may change ingredients without warning.
- Avoid buying at bulk bins or anywhere with loose goods — cross-contamination can be an issue.
- Get answers: If there are any terms you don't understand, call the manufacturer or ask a National Nutrition Foundation for advice — visit hannaford.com to find one near you. Our online resources, hannaford.com, can help you organize your shopping trips and even help you create a customized list of allergen-free products. Having a food allergy may be a hassle — but it doesn't need to stop you from enjoying delicious, healthy foods.

Melissa Romano is a Nutrition Coordinator at the Hannaford store in Clifton Park, NY, and has a private practice in Albany.

vegan “uncooked”

this hannaford customer adopted a lifestyle that works for her

by Meghan Rowley Little

People go vegan like it or they don't, no animal products for many reasons. Susan Baines of Manchester, NH, realized several years ago that her diet, which included daily servings of dairy and meat, was not healthy for her. “For me, a diet of greens, fruits, and veggies was much more friendly to my body,” says Baines, who embraced a primarily raw vegan diet.

She explains, “I've been on my own journey, and that's what I advocate to other peo-

ple who want to try or incorporate raw vegan foods into their diets. I make no claims that it is good for everyone — I only claim that it's working for me.”

Baines is now a certified raw food chef. In addition to leading workshops on therapeutic practices in New Hampshire, she has spent the past several years creating raw food recipes and putting together a recipe book.

When developing a recipe, Baines strives to make it satisfying as well as nutritious,



balanced. For instance, she says, “the four elements in most of my dishes are fat, acid, salt, and sweet.” “You can eat apples,” she explains. “The crunch would taste very different if a week or two-black cherries reflected that. Obviously, blackberries taste better when it's summer,” she explains.

For the veggie wraps, you can make make all the wraps ahead of time or place the filling components on bowls and have clients assemble them with their choice of ingredients.

“A diet of greens, fruits, and veggies was much more friendly to my body.”

VEGGIE WRAPS WITH SWEET & SOUR DIPPING SAUCE
SERVES 4 (10 WRAPS)
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 40 MINUTES

Ingredients

- 2 medium zucchini
- 6 peeled medium carrots, chopped
- 1 cup water
- 3 Tbsp. fresh lemon juice
- 1/4 tsp. salt
- 1 Tbsp. unseasoned pasta (or the preferred bean sauce)

Wraps

- 6 large collard green leaves, washed and patted dry
- 2 medium carrots, cut into 2 to 3-inch long matchsticks
- 2 medium zucchini, cut into 2 to 3-inch long matchsticks
- 1 avocado, patted dry and into 12 slices
- 1/4 cup 1/4-inch sliced red cabbage
- 1/4 cup green peas or shelled edamame
- 24 fresh mint leaves
- 24 fresh basil leaves

- 1. Prepare the sauce:** Combine all sauce ingredients in a blender and pulse. Transfer to a small serving bowl and set aside.
- 2. Prepare the wraps:** Cut and wash greens in half, removing and discarding the center stems.
- 3. Lay out a half leaf:** Top one end with 3 to 4 carrot sticks, 3 to 4 zucchini sticks, 1 avocado slice, 1 Tbsp. cabbage, 1 Tbsp. peas, 2 mint leaves and 2 basil leaves. Roll tightly and place on a serving plate. Repeat side dishes. Repeat each remaining ingredients, leaving immediately with the dipping sauce on the side.

APPROXIMATE NUTRITIONAL VALUES
SERVING: 115 CALORIES, 26G CARB, 10G PROTEIN, 4G FIBER, 20 FAT, 10G SATURATED FAT, 0 TRANSFAT, 10MG SODIUM, 750 MG POTASSIUM

For another healthy raw vegan recipe, check out *Sauces, Dips and More* from Susan at hannaford.com

Share your favorite recipe! You could be featured on the Sharing page. Just email recipes@hannaford.com



Ranch Hand

Creamy? Check. Delicious? Check. Healthy? Surprise! Here's our heart-smart makeover for ranch dressing

With its creamy texture and considerable cost, what's not to love about ranch dressing? To start, all the fat and calories. Harvard Medical School's Marjorie Mittleman says an appropriate serving size for salad dressing is 2 tablespoons, but 2 tablespoons of regular ranch dressing can contain an average of 144 calories, 18 grams of fat, and 380 mg of sodium — close to 12 percent of the recommended daily allowance. What's more, whether bottled or made at home from a powdered mix, ranch dressing can be loaded with MSG, hidden sweeteners like maltodextrin, and a dozen or so hard-to-pronounce ingredients.

For our healthier makeover of ranch, we wanted to reduce the calories, the fat, and the number of ingredients. Our first thought was to go with fat-free mayo, but the label had a long list of ingredients and the flavor was very two-faced. That left a choice of light mayo or low fat. Light mayo has 50 calories per tablespoon and low fat mayo has 17. Low fat is an acceptable lower-calorie alternative, but light was an even on both flavor and fewer ingredients.

BETTER-FOR-YOU RANCH DRESSING

SERVES 8
ACTIVE TIME: 5 MINUTES
TOTAL TIME: 10 MINUTES

Even though you shouldn't eat more than 2 tablespoons of most salad dressings per serving, Mittleman says that our lighter version — with 60 calories, 7 grams of fat, and 110 mg of sodium — is healthy enough to justify a little more, if you like.

- | | |
|--|---|
| 1/2 cup light mayonnaise | 1/4 cup dried dill or 1/2 tsp. fresh |
| 1/2 cup low fat or fat-free buttermilk | 2 tsp. minced fresh parsley or 1/2 tsp. dried |
| 1 tsp. dried minced onion | 1/4 tsp. celery seeds (optional) |
| 1 tsp. dried minced garlic | |
| 1 tsp. dry powdered mustard | |

In a medium bowl, whisk together mayonnaise and buttermilk and whisk around. Add onion, garlic, mustard, dill, parsley, and celery seeds if using, and whisk until well combined. Let rest 5 to 10 minutes for flavors to meld. Serve immediately or refrigerate up to 3 days until ready to use.



Good and healthy

Buttermilk isn't milk with butter in it — it's actually produced from milk, which settles and separates. Some lumps collect. Despite its creamy texture, buttermilk is low on fat. Pops in only one and contains about 100 calories per cup.

SPICED, WITH KIDNEY BEANS AND FINE DUTCH





Now if you eat them
raw, getting your
veggies has never
been this fast, easy,
and delicious.

one-pan steam-sautéed vegetables

BY PAM ANDERSON • WITH ILLUSTRATIONS BY JESSICA KATZ

STEAMING VEGETABLES IS ONE OF THE HEALTHIEST WAYS TO COOK THEM — using a minimal amount of water helps keep the nutrients in the vegetables, rather than boiling them away. However, steaming alone produces vegetables that can be a bit on the plain side. But add a little oil and some seasonings and you'll have vegetables that are exciting on their own and aren't dependent on sauces. Award-winning cookbook author Pam Anderson coined the term "steam-sautéing" for this two-in-one method for cooking vegetables. One pan does the work of two — or more.



CARROTS WITH INDIAN SPICES

SERVES 4

ACTIVE TIME 30 MINUTES

TOTAL TIME 20 MINUTES

Carrots pair beautifully with warm Indian spices like cumin and coriander. As you cook toward the dry state of the carrots, make the slices slightly larger so they'll cook at the same rate as those from the thick ends. Recipe may be halved.

- 2 tsp. peeled fresh ginger
- 1/2 tsp. minced fresh jalapeño (about 1/4 of a small pepper)
- 1/2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/4 tsp. extra pepper
- 1 1/2 tsp. mustard seeds
- 1/2 tsp. salt or to taste
- 1 tsp. freshly ground black pepper
- 2 tbsp. canola oil
- 1/4 cup water
- 2 lb. carrots, peeled and cut diagonally into 1/2-inch slices
- 1 Tbsp. fresh lime juice
- 1/4 cup chopped fresh cilantro

1. In a small bowl, mix ginger, jalapeño, cumin, coriander, cumin powder, mustard seeds, salt, and pepper. Set aside.
2. Add oil, water, and carrots to a large sauté pan, skillet, or wokpan and bring to a boil over medium-high heat. Cover pan and cook, shaking the pan occasionally until carrots are just barely tender, about 8 to 10 minutes.

3. Uncover and continue to cook, stirring occasionally, until liquid evaporates and carrots begin to stick to the oil, about 2 minutes. Add reserved spice mixture and continue to cook, stirring constantly until fragrant and carrots are tender, about 2 more minutes. Add lime juice and cilantro and use to distribute. Transfer to a large bowl and serve warm, drizzling lime wedges on a garnish if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(AS SERVED): 122 CALORIES/14.5g CARB/2.5g
FIBER/10.5g PROTEIN/10.5g FAT/1.5g SODIUM/10.5g

BOOKS NOTED BY THE EDITOR

Many-scented veggers go well with a cold ready-to-serve soup. Any of these ideas are great with our **Refrigerator Chutney**, available in a 4-oz. jar or 16-oz. can. Try the following recipes, using each soup.

- **Qualifies with Veterans and Farmers:** (Veterans) Place Your Seal! with spread and photo (and a stamped patch)
- **Spicy Turnups with Jamaican Jack Flavors:** Release Your Mindrobe Soup from the Zoo!
- **Carrots with Indian Spices:** Taste of Tradition!® Seared Tilapia (with Peas and)
- **Pinot with Basil and Pine:** Indulgences Meet Your Heart at the Backyard!

SPACE TURNIPS WITH HONEYED BACON AND HERBS

2010年12月10日

Abstract

[illegible]

Jamaican jerk seasonings combine sweet spices with a lot of heat, which goes well with the smoky sweetness of sausage. Sausage may be baked.

- [illegible]

5 In a small bowl, mix the garlic, olive oil, pepper, dill, lemon juice, salt, and pepper. Stir until well combined. Set aside.

20. Lift cover and continue to cook, stirring as necessary until liquid evaporates and turnips begin to sizzle in the oil about 2 minutes. Add reserved spice mixture and continue to cook, stirring constantly until liquid and turnips are tender, about 2 more minutes.

• **Self-organizing and self-healing** and **peer-to-peer** are a **local** and **distributed** architecture

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER COUSIN'S BIG CARBOHYDRATE NO PROTEIN
PER 100g: CARBOHYDRATE (GMS) 100, CALORIES 350,
FIBRE (GMS) 10, SUGAR (GMS) 10, SODIUM (MGMS) 10

Adam Ford is the author of *Thoroughly Modern: A History*.



Enhance lean meats
and seafood with
this easy technique

brining for flavor

BY JEFF GORDON AND JENNIFER CLARY PERI

For meat lovers, lean cuts are a staple of a healthy diet. But sometimes they can seem a little too lean. Without much fat to add flavor and juiciness, meats like skinless chicken and pork loin can benefit from brining—soaking in a flavored saltwater solution. This easy technique adds lots of seasoning and moisture with minimal fat.

All brines contain a good amount of salt, usually about one cup per gallon of water. But that doesn't mean the meat will taste salty or contribute excessive sodium to your diet. Salt typically makes up less than 4 percent of the brine, and because little of the brine is actually absorbed by the meat, in our recipes, on average, the brine contributes only about 300 milligrams of sodium per serving.

Many herbs, spices, eggs or another moisture such as milk, mayonnaise, maple syrup or honey. Herbs can also be flavored with any number of ingredients. Garlic, onions or tomatoes like onions and carrots when they are soft in the like beef and some types of fish, serve beautifully from baking, but a variety wonders on lean meats and seafood.

"We offer flavorful baking recipes for two cuts of chicken (broasts and thighs), plus poultry stir-fry. With the added flavor and moisture in these dishes, you don't need much fat to achieve wonderful results. Which means you can enjoy your fix when you really want it — dinner!"

PAN-ROASTED CHICKEN WITH GLAZED ROOT VEGETABLES SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES (INCLUDING
BROILING TIME)

Pan roasting is a great way to sear all the moisture that broiling adds to the chicken. Look for large, meaty breasts and cut them in half (your butcher will be happy to do this for you). You can also cut six small breasts. Chicken may be frozen after cooking.

Chicken and Broils

1. six chicken breasts
2. eggs or water

With the added flavor and moisture in these dishes, you don't need much fat to achieve wonderful results

Ingredients

1. two black peppercorns
1. Capers (optional)
1. orange (cut in half)
1. eggs or water
2. large bone-in split chicken breasts, skin removed (cut in half lengthwise [about 2½ lbs.])
2. tap water or
1. cap-reduced sodium chicken broth
1. cap-removal

Recipe Steps

1. medium pan-fry, peeled and cut into 2 inch pieces
1. medium chicken, peeled and cut into 2 inch pieces
1. medium turkey, peeled and cut into 2 inch pieces
1. Tap water or
1. tap, freshly ground black pepper
1. Tap water or
1. pan-fry (optional)
1. Prepare the chicken and broils in a large, non-stick or stainless steel pan.

and water. Bring to a boil over medium-high heat. When salt has dissolved, remove from heat and add chicken, pork, poultry and medium. Sprinkle with salt and orange halves into pot. Then add the shell and pulp. Simmer 10 minutes. Add salt and orange halves to cool and use as needed.

2. Place chicken pieces in a large metal stock pot and pour broth over them. Add egg, place it in a bowl or pan on each side, leave and refrigerate for 2 hours.
3. Just before draining the chicken, prepare the vegetables. Put them in a 400°F. Spray a baking sheet with non-stick cooking spray. In a large bowl mix together pepper, onion and turmeric. Toss with oil and mix with pepper. Arrange vegetables in an even layer on baking sheet and roast until browned, about 25 minutes. Drizzle chicken over vegetables and mix gently to coat. Continue to cook until well-browned, about 5 minutes longer.
4. While the vegetables are roasting, drain the chicken, discarding broth, and rinse well under cold water. Pat dry with paper towels.
5. Heat oil in a large non-stick skillet over medium-high heat. Add chicken skin side down, and cook until browned on one side, about 2 minutes. Turn pieces and cook another 2 minutes. Add broth and vinegar. Bring to a boil, reduce heat to medium, cover and simmer 20 minutes. Remove lid, turn chicken and continue to cook uncovered until sauce is reduced and chicken and chicken is cooked through, another 5 to 10 minutes. Remove chicken and place on a platter. Top the chicken with oil and mix for 5 minutes.
6. Continue cooking sauce another 2 to 3 minutes until it reduces and chicken slightly. Pour over chicken. Surround chicken on plate with roasted vegetables and serve immediately, garnishing with parsley if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNCOOKED): 100 CALORIES, 10g CARBOHYDRATE, 14g PROTEIN, 10g FAT (10g SATURATED), 10g CHOLESTEROL, 10g SODIUM, 10g FIBER

BRINING BASICS

1. Use kosher salt. The vegetable oil helps, which means less sodium per cup.
2. Use only salt in a dry water and strong salt for long-brined meats for 10 minutes.
3. Brine must be cool before adding meat. After brining, quench the brine with ice water.
4. Use a combination of brining (in salt water) and turkey, pork, chicken, and pork (broasts) as well as lean beef like steaks, ground, and meat.
5. Use a small pot to boil brine, which can make the meat overly salty. Chicken and pork are good cooked for two hours. Beef should cook for four to six hours. When much of the salt is washed away after brining, the longer the time, the more tender will be the meat.





good and healthy

Roasting is a great technique for a lean cut like pork loin, and this pork roast is so tender and juicy that you can taste it without needing to drench it in fat. By stuffing the outside of meat like chicken, turkey, and pork, you can make more flavorful and moist meat with minimal oil or butter.

1 Prepare the pork and brine. In a large stockpot or dutchpot, combine salt and water. Bring to a boil over medium-high heat. When salt has dissolved, remove from heat and add peppercorns, cinnamon sticks, and maple syrup. Simmer 10 minutes. Add pork and let cool mixture is cool and pork is moist.

2 Place pork chops in a large resealable bag, and pour brine over them. Seal bag, place it in a bowl to put it in with any leaks, and refrigerate for 2 hours.

3 Preheat oven to 400°F. Score the pork. Discard the brine, and cover with cold running water. Pat dry with paper towels.

4 Heat oil in a large ovenproof skillet over medium-high heat. Add chops and brown one side about 2 minutes. Turn chops and transfer skillet to the oven. Cook until pork is still slightly pink inside, 6 to 8 minutes. Remove chops to a plate and let rest for 5 minutes before serving.

5 While the pork cooks, prepare the composite. Heat oil in a medium-size bowl so it is in a small sautépan until very hot. Remove from heat and add cranberry rice. Let stand 3 minutes. In a bowl, combine the glaze.

6 In a large skillet over medium-high heat melt butter. Add apples, pears, and cinnamon sticks and cook, stirring occasionally, until fruit is browned slightly and softened 3 to 5 minutes. Add maple syrup, water, and peppercorns. Sauté over heat on high and cook until the liquid is mostly gone and apples and pears are glazed, 4 to 6 minutes. Spoon composite over pork, and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 300 CALORIES, 10g CARBOHYDRATE, 15g PROTEIN
 10g FAT, 4g SATURATED FAT, 10mg CHOLESTEROL,
 100mg SODIUM, 30 FIBER

PORK LOIN WITH
AUTUMN COMPOSITE

SERVING 6

ACTIVE TIME 45 MINUTES

TOTAL TIME (INCLUDES 45 MINUTES COOKING
STANDING TIME)

Featuring the harvest highlights of autumn, this dish is the perfect Sunday dinner when the leaves have begun to fall. The composite is also delicious as a side dish.

Pork and Brine

- 1/2 cup kosher salt
- 2 cups water
- 1 tsp black peppercorns
- 2 cinnamon sticks
- 2 cups apple cider

- 1/2 cup maple syrup
- 4 cups ice cubes
- 4 boneless pork loin chops or 2 thick cut, separated in half vertically about 1 1/2 inch thick
- 2 tsp olive oil

Composite

- 1 cup apple cider
- 1/2 cup dried cranberries
- 1/2 cup unsweetened rice
- 1/2 cup apples, such as Golden Delicious or Braeburn, peeled, cored, and cut into 1/2-inch wedges
- 1/2 cup pears, peeled, cored, and cut into 1/2-inch wedges
- 2 cinnamon sticks
- 2 tsp maple syrup



Abstract

[illegible]

If your laptop is still "young" and you are not in a hurry to

1. cup mother soil
2. cup water
3. cup sugar
4. cup dry milk solids (dried)
5. bag leaves
6. 1/2 cup black peppercorns
7. 1/2 cup, soaked
8. 1/2 cup hot cubes
9. 1/2 cup hot's powder (1/2-1/2 cup)
10. 1/2 cup hot's powder

1 Prepare the shrimp-and-bean risotto in a large nonreactive skillet, stirring with wood and metal spoons. Remove a few spoonfuls that

2. Add ice to brine and stir until mixture is cool and ice is melted. Place shrimp in a large resealable bag and pour brine over them. Seal bag, place it in a bowl or pan to catch any leaks, and refrigerate at least 15 minutes, but no more than 24 hours.

■ **Down sleeping, ascending inner, and inner wall under cold water.** Put dry wall paper inside.

Adjoining the meat, slip on a 1/2-cup (120 ml) measuring cup, wrap with aluminum foil as high as you can, and cook until the meat is cooked through and liquid is reduced and thickened 2 to 3 minutes longer. Remove from heat and squeeze juice from measuring cup; remove foil, unwrap, and stir in butter.

APPROXIMATE ULTIMATE/AVAILABLE PER ANNUAL
DISCHARGE: TWO CARBONWORKS, INC. REPORTED
NO FURTHER MONITORING STUDIES CONDUCTED.
SOURCE: EPA, 1992



Compare **Wendie's Craft Cider** with its apple cider as a hot and perfect **Personal** **Big Apples** from Italy will knock you out and an all-day breakfast. The Lemon Cider and Basil will give you a taste of the most famous character. The apple profile of Miss Cider has been shared through with **Wendie's Craft Cider**. The idea of a group in **Miss Cider** **Miss Cider** will be available in the future in the same way.

MISO-GLAZED CHICKEN WITH ASIAN SLAW

SERVES 4

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 2 HOURS 40 MINUTES (INCLUDING
BRINE TIME)

Brine so chicken thighs are best, since the "bare" skin flavor and moisture, but boneless thighs can be substituted (reduce the cooking time by five minutes). Chicken may be frozen when cooking. Recipe may be halved.

Chicken and Brine

- 1/2 cup kosher salt
- 2 cups water
- 2 cups reduced sodium soy sauce
- 1/2 cup rice wine (such as mirin) (used in the slaw dressing) (note)

- 6 chicken (and 8) thighs
- 1 bunch cilantro, stems only
- 1 cup vegetable scraps
- 1 tsp black peppercorns
- 4 cups ice cubes
- (2) small bags of chicken thighs (not purchased) (about 2 lb. each)

Slaw

- 2 Tbsp rice vinegar
- 1 Tbsp sesame oil
- 1 Tbsp vegetable oil
- 1 tsp sugar
- 1/2 tsp freshly ground black pepper



TASTY CARDS

Good friends help to keep up the various components of a meal. Here's the Miso-Glazed Chicken with Natural Protein Long Grain Brown Rice or 100% Whole Grain Pasta. Place different breads up with the meat. Try the Roasted Garlic Lentils with our garlicky roasted chicken and the Rice. Try the Lentils with Natural Protein Pasta with Natural Protein.

- 2 hard eggs or sunny-side-up, sliced (like optional) (note)
- 1 red bell pepper, sliced (like)
- 1 cup thinly sliced onion (like)
- 1 carrot, grated
- 2 Tbsp chopped cilantro

Slaw

- 2 Tbsp rice wine (available in Produce)
- 1 tsp sugar
- 1 Tbsp reduced sodium soy sauce
- 1 Tbsp water
- 2 tsp sesame oil

8. Prepare the chicken and brine. In a large stockpot or stockpot, combine salt and water. Bring to a boil over medium-high heat. When salt has dissolved, remove from heat and add soy sauce, rice wine, garlic, onion, onion, carrot and peppercorns. Simmer 10 minutes. Add rice and stir until mixture is cool and rice is cooked.

9. Place chicken thighs in a large resealable bag and pour brine over them. Seal bag, place it in a bowl or pan to catch any leaks, and refrigerate for 2 hours.

10. While chicken is marinating, prepare the slaw. Whisk together vinegar, fresh chili, sugar and black pepper in a bowl. Add cabbage, bell pepper, onion, carrot, and cilantro and toss until blended and dressing is evenly distributed. Refrigerate until ready to serve.

11. Preheat oven to 400°F. Spray a baking sheet with vegetable cooking spray. Drain chicken, discarding brine, and rinse well under cold water. Pat dry with paper towels. If in a small bowl, combine the glass ingredients and mix until smooth. Spread the glaze all over the thighs and they are evenly coated. Place the chicken, skin side down on baking sheet. Bake 10 minutes, then turn thighs and bake an additional 12 to 15 minutes, until cooked through. Serve immediately with slaw on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNCOOKED): 150 CALORIES, 15g CARBOHYDRATE, 40g PROTEIN, 10g FAT (SATURATED: 10g), 10g CHOLESTEROL, 10g SODIUM, 20g FIBER, 4g

Keri Fisher has written for *Southern Living*, *Food & Wine*, *Good Living*, and *Good Living*.



Here's how to make irresistible caramel

Sweet *and* Smooth

BY ELINOR KILVANS • PHOTOGRAPHS BY HEATH BOBBINS



There's something magical about caramel. You start with plain sugar, add heat, and *voilà!* You have a delicious concoction that can be crispy, creamy or chewy, depending on how you melt the sugar and what you add to it. As far as we're concerned, even hard tack would taste good dipped in caramel. Of course, caramel is much better paired with treats like popcorn, apples, ice cream, cookies, or chocolate — the toasty, buttery flavor makes it a wonderful addition to a long list of sweets.

Classic caramel is made by cooking granulated sugar (there's nothing and nothing else) until it reaches a golden color. When the color is a baking shade a bit more hard and brittle than a crunch, candy — we've made this version of caramel on a commercial-caramel necker dole's rollers. Mixing the sugar with other ingredients yields different textures and flavors. Adding cream turns it into a caramelized sugar pudding, caramel sauce. Melt sugar as brown sugar with butter for a molasses version — as in our peanut protein topping for the peanut butter chocolate pie. Use brown, brown sugar and corn syrup to make the perfect mixture for caramel corn.

Any way you make it, a successful page will achieve a decent 100. Try out four types of links: demonstrate how different content marketing techniques

PUMPKIN CREAM CHEESE PIE WITH
PECAN PRALINE CRUNCH

... (text continues) ...

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 103–110

1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

Thus, cream cheese per se is not even better the day after its baked — the extra time allows the flavors to develop. The cooled pie can be covered and stored in the refrigerator for up to four days, but add the perishable toppings when serving, so it remains crisp. May be frozen.

^a *W. angustatus*.

6. Temp: light brown sugar packs
packs of salt

1000

- A. 0.001 plus 4 regression estimates
 (about 4000 nodes)
 B. top-ground elements
 C. run 1's off-diagonal buffer matrix

1. *Journal of Management Studies*, 1996, 33, 1, 1-14.

- Q. Are you a registered lobbyist or political fundraiser?

1. Temp. oil (approx. 350°)
2. eggs
3. hot vanilla extract
4. hot ground cinnamon
5. hot ground ginger
6. hot oil
7. pre-measured vanilla made with hot oil (Vanilla

■ Portugal scores on 2007 Living on 80 at 41 units square per capita with food and housing also 41.

2. Prepare the topping. In a small saucepan, cook butter, brown sugar, and salt over medium heat, stirring frequently, until butter melts and the mixture is almost browned, then to medium-high, so-brown, to a foamy and foal for 1 minute without stirring. Remove from heat, mix in nuts and pour into prepared pan. Bake for 12 to 14 minutes, stirring after 8 minutes; avoid overbaking. Cool the pudding on the baking pan; then break into pieces. Cooked pudding may be stored refrigerated in a resealable container for up to 5 weeks.

1. Decrease your temperature to 35.9°F
 Patient A. Sample and test

d. Prepare the crust. Crust makes up a local percentage of blenders at you as a plant a leg and crust with a rolling pin at the bottom of a skillet. There should be three cups of crumbs. Place one medium mixing bowl and add cinnamon and melted butter. Stir to combine evenly. Transfer crumbs mixture to the prepared pan and press it firmly and evenly over the inside of the

[illegible]

Before dipping into the menu, our fully catered "brunch" grill-out starts with a glass of **Juicy-Juicy** **Orange**, which bursts with apple pie essence and flavors of sweet apple and cream. **Brunch Bubbly Mimosas** (Sparkling) is a lightly minty, sparkling drink just enough to refresh your palate. **Brunch Bubbly Mimosas** (Sparkling) is a lightly minty, sparkling drink just enough to refresh your palate. The combination creates a delicious one.

pass and up the sides. (Hedgehog: white, four
rows on the sides.)

14 Prepare the filling, in a large mixing bowl, use an electric mixer on low speed to beat cream cheese and sugar until smooth. Mix in flour. Mix in eggs until blended. Add vanilla, cinnamon, paper and salt mixing until blended. Mix in pumpkin and blend until smooth. Bake 30 minutes and cool.

4. Bake the pie at 115°F until the crust is bubble-free; if you give the pie a gentle jiggle about 15 to 40 minutes, let the pie cool in your refrigerator about 50 minutes. Then submerge your shell(s) about 1 hour.

This study is more specific: the reversed process pattern was the top. Cut was direct and acute.

1. 在“数据”菜单下，选择“数据源”选项，打开“数据源”对话框。
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CONTACT: FUTURE

When sugar is melted and concentrated, it gets very hot, be careful not to burn yourself – as the caramel is the last stages of cooking, caramel can quickly get from light golden to dark golden and should not be left unattended for any amount. Watch it carefully!



- Once covered in a large pot, when you add a solid surface burner, the residue will bubble up in the long thin ridges.
- As the water boils, the edges often adhere before the center does. If this happens, use a wooden spoon to lift the medium to have a cook, it will become easy to see the ridges and you will be able to move the food from the center to the outside.



Watch a video about rolling over on www.banroll.com, and learn how to roll over safely (as a driver or passenger).



CARAMEL FONDUE WITH FRESH FRUIT SERVES 8

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 45 TO 60 MINUTES
(SLOW-COOKER METHOD)

Caramel sauce makes a delicious treat for fresh fruit — it's great with apples, but try it with Asian pears, pineapple, and orange segments too. For dipping fruit, caramel is best at room temperature or chilled. Sauce may be stored in an airtight container refrigerated, up to 3 days or frozen.

- ½ cup heavy cream
- ½ cup water
- 1 cup sugar
- 1 apple, cored and cut into 1-inch chunks
- 2 pears, cored and cut into 1-inch chunks

1. In a small saucepan, warm cream over very low heat. Keep warm while you make the caramel. Alternatively, warm it in a glass

bowl in the microwave for 30 seconds.

2. In a large saucepan, combine water and sugar. Cover and cook over medium-low heat until sugar dissolves, about 5 minutes. Stir the mixture occasionally to dissolve the sugar, or swirl the pan. Uncover, increase heat to medium-high, and bring to a boil. Continue boiling until the mixture begins to change color; then turns dark gold, about 10 minutes. This may happen suddenly so watch carefully. If necessary, stir gently with a wooden spoon to help the mixture cook evenly or swirl the pan. As soon as sugar turns dark gold, remove pan from heat.

3. Slowly and carefully pour warm cream into the hot caramel (the mixture will bubble up). When the bubbling subsides, use a wooden spoon to stir the caramel in to a smooth sauce. Pour into a serving bowl or individual bowls and let cool to room temperature (10 to 30 minutes, depending on the size of the bowl).

FLAVORED CARAMEL SAUCES

Once you've added the cream to make caramel sauce, a lot of the bubbling has gone down, you can add flavors. Try one of the following:

- ¼ cup Taste of Lemons™* Flavor de Citron (201401)
- ¼ cup grated orange zest
- 2 oz. 7 only chopped bitter-sweet chocolate (201401011401)
- 1 tsp. vanilla extract
- 1 Teaspoon brandy or other flavor

4. Arrange the fruit on a serving plate with shavers or knives laid out on the side. To eat, shaver first and dip in caramel sauce.

*PREPARED MULTIFLAVOR FLAVORS FOR BAKING (201401010101), VANILLA CARAMEL SAUCE (201401010101), CHOCOLATE CARAMEL SAUCE (201401010101), and CHOCOLATE CARAMEL SAUCE (201401010101).

CARAMEL CORN

(MAKES 6 CUPS OF SNACKS)

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 2 HOURS, 30 MINUTES

(INCLUDING COOKING TIME)

Homemade caramel corn is easy to make and a guaranteed pleasure for kids of all ages. Tossed, unseasoned popcorn is coated with a luscious brown sugar caramel and baked until crisp. It is the ideal snack that can be stored in an airtight container for up to one week — if you can hold it that long. For an added treat, add 1 cup nuts before pouring on the caramel.

- 1 (3 1/2-oz.) pkg. Unseasoned Natural Microwave Popcorn (popped in cups popped corn)
- 2 Tbsp. unsalted butter, cut into 1/2-p inch
- 1/4 cup light brown sugar packet
- 2 Tbsp. light corn syrup
- 1/4 tsp. baking soda
- 1 tsp. vanilla extract

1 Preheat the oven to 275°F. Spray a 9-by-13-inch pan with vegetable cooking spray. Spread the popcorn in the baking pan and put it in the oven to toast slightly while preparing the caramel.

2 In a medium saucepan, heat butter, brown sugar, and corn syrup over medium heat, stirring constantly until butter melts

and mixture is smooth. Increase heat to medium-high and bring to a boil. Without stirring, boil for 2 minutes, watching the pan gently if necessary to cook the caramel evenly. Remove from heat and stir in vanilla spoon by spoon in the baking soda. The caramel will foam slightly, but is usable.

3 Remove popcorn from oven and slowly pour caramel over it. (For the mixture to run the popcorn thoroughly, scraping bottom of pan.) Bake 20 minutes and stir well again; caramel will still be soft. Bake another 40 minutes. Caramel corn should be soft, but crisp, from the oven and air minimal corn to loosen it from the bottom of the pan.

4 Cool in the pan about 40 minutes. The caramel coating will become firm as it cools. Store or serve in a resealable container at room temperature for up to 1 week.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(20 CARAMEL CORN CARAMEL CORN) 100 CALORIES
(100 CALORIES) 100 CALORIES 100 CALORIES 100 CALORIES
(100 CALORIES) 100 CALORIES 100 CALORIES 100 CALORIES

GO NUTS

Caramel and nuts go together beautifully. Try the following nutty additions to our caramel dessert:

- Add 1/2 cup Nature's Place® Roasted Salted Mixed Nuts to Caramel Corn for extra crunch.
- Toss Nature's Place® Almonds or Walnuts for the perfect, on-the-puller topped pumpkin chocolate pie.
- Add chopped Nature's Place® Roasted Salted Mixed Nuts to the chocolate cookies.
- Finely chop Nature's Place® Roasted Salted Almonds and serve in a bowl for dipping alongside the caramel (or use dipped in the caramel, then in the chopped nuts).





ground good is dirty

French Pastry for Desserts

Including fruit as an integral part of dessert is an easy way to infuse extra love, your taste and eat healthy too!—even when that fruit is frozen! In seasonal Autumn (or Winter) recipes, we use two to four cups of fruit every day and adding a sweet sauce makes eating lots of it easy and even more tempting!

CARAMEL CRUNCH & MACARONCOOLES
SERVES 24 (SHARES 12) OR 30 (SHARES)
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR AND 20 MINUTES

Q1: Infused macarooncooles are, again, whole new dimensions when dusted with crunchy bits of less-is-more! Use the baking sheet with parchment paper to prevent the caramel on the cookies from sticking to the pan. May be frozen.

- 3 cups sugar (divided)
- 1 tsp. ground cinnamon
- 2½ cups all purpose flour
- 2 tsp. cream of tartar (divided) (see Baking sheet)
- 1 tsp. baking soda
- 1 egg yolk
- 1 cup (2) sifted unsalted butter (at room temperature)
- 3 eggs
- 1 tsp. vanilla extract

- 1.** Line a baking sheet with heavy-duty foil and spray with vegetable cooking spray.
- 2.** Prepare the caramel's crusts. In a large heavy-bottomed bowl, a cup of the sugar goes bottom first, stirring occasionally with a wooden spoon to help it melt evenly. When the sugar is melted, lower heat to medium-low and cook to a golden color, about 5 to 6 minutes. Immediately pour the caramel and sugar carefully onto the prepared baking sheet. Tilt the sheet so that sugar spreads to a thickness of no more than ¼ inch. Allow to cool and harden and cool to the touch, about 30 minutes.
- 3.** Break the caramel into several pieces, then place on a cooling board and use a knife to chop into ¼- to ½-inch pieces. (The caramel can be used in a lightly sealed container for up to 5 days at room temperature.)



COOKIES: Caramel Crunch & Macarooncooles

- 4.** Preheat the oven to 325°F. Line 2 baking sheets with parchment paper, or spray with vegetable cooking spray. In a small bowl stir ½ cup of the sugar together with the cinnamon. Set aside.
- 5.** Make the cookies. In a medium bowl, mix together three cups of room-temperature butter and 1½ cups of sugar until smooth, about 1 minute. Mix in the eggs and vanilla until blended. On low speed mix to the first mixture until it is incorporated. Stir in the chopped caramel pieces. The dough will be stiff.
- 6.** Scoop out a well-rounded tablespoon of dough and roll between your palms into a smooth ball. Roll ball in the cinnamon-sugar mix. Repet with remaining dough and place balls 3 inches apart on the baking

- sheet. (You will not use all the cinnamon sugar, but a large quantity is easier to wash up.)
- 7.** Bake cookies. Bake sheet at a time just until the edges are golden (but the centers are pale) and ball side of lightly touched, about 15 to 18 minutes. Cool the cookies for 5 minutes on the baking sheet, then transfer to a wire rack to cool. Bake or store in a lightly covered container for up to 3 days at room.

approximately 16 (1/2 dozen) cookies per sheet
100 CALORIES AND CARBOHYDRATES 20 MINUTES
NO FRYING NO BATTERING ZERO CHOLESTEROL
VIDEO RECIPE HERE

Share Recipes: ground goodbook (a Chocolate Cakes — 50 Great Cakes for Every Occasion

Temptingly Tender

Here's how to cook perfect pork

RECIPES BY KIMBERLY MAYNARD PHOTOGRAPHS BY F. C. SCHNEIDER

Pork has become the new darling of the health-conscious. For over two decades, the National Pork Board has been promoting the idea that pork is lean, tasty, and easy — “the other white meat.” That’s not just an empty slogan — pork can be as lean as many cuts of chicken. A seasoned pork tenderloin, for example, has slightly less fat and calories than a skinless chicken breast. Other cuts, like chops, are compared to steaks, not lean legs and thighs. And most, like loin fat, have less fat than beef or lamb.

Our National Flare™ All Natural Pork is no less its lean, certified by the American Farm Association. As an added bonus, tenderloins cook quickly, making it a go-to protein for a quick meal. Plus, thanks to improved farming methods, it’s no longer necessary to cook pork tenderloins as well done as you can enjoy lean chops and tenderloins that are juicy, tender, best.

The key to cooking lean meats is pork, best. Searing the outside of the meat keeps the juices inside. A thin, boneless pork chop will sear in just over three minutes. Boneless, extra-lean pork chops can easily be substituted for boneless steaks or chicken breasts in your favorite recipes. But you can lean ground pork in a wider range, too. Biting, or a hint for ribs. To get you started, we offer lean, speedy recipes — good for fast weeknight and special occasions — demonstrating different techniques for cooking lean chops and tenderloins.

meat is thickened with sliced butter, which creates an additional, firm slice of the tenderloin, with a thin and seasoned breadcrumb if desired. Recipe may be baked.

2. Toss the pork tenderloin in oil.
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1. Evenly sprinkle flour on all sides of tenderloins halves. Heat oil in a large non-stick skillet over medium heat. Place the tenderloin pieces in the pan and cook for

10 minutes, until evenly golden and crispy. Turn each piece and cook for another 4 to 6 minutes, until golden. Transfer to a plate and rest with foil.

2. Add garlic, shallots, jalapeño, salt, and pepper to pan and cook until fragrant, about 30 seconds. Add lemon juice, vinegar, and broth. Stir well and simmer until slightly reduced, about 5 minutes. Add chicken, butter, and honey. Whisk until evenly blended and simmer for 10 minutes, about 2 minutes.

3. Slice the tenderloins into 1/2 inch thick slices. The pork should still be very pink on side. Return slices and top cooking liquid to the pan. Cook for 1 minute, and then turn each piece of pork to finish cooking. The slices should be evenly pink and as if juicy.

4. To serve, place on a plate or divide tenderloins among 4 plates and drizzle with sauce. Garnish with cheese, if using.

APPROXIMATE NUTRIENT VALUES PER SERVING
UNUSUALLY HIGH CARBOHYDRATE AND SODIUM
CONTENT. FOR MORE INFORMATION, VISIT: www.nutritionfacts.org
SOURCE: USDA, 2010

PORK TENDERLOIN WITH SHERRY VINEGAR PAN SAUCE

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

A longtime favorite of chefs, sherry vinegar accents dishes with a delicate sweetness. The



TENDER AND JUICY

Medium-rare pork? This good news is you no longer need to cook pork to the point of an injury. The USDA recommends cooking pork chops to a safe internal temperature of 145°F. Let's pork off the heat when the center is slightly pink, and the meat will be tender and juicy—and safe to eat.

PEPPER AND PEPPERONATA TARTINES

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

A tartine is a French-style open-faced sandwich. Pepperonata is a sauté (sauté) of sweet bell peppers and onions, making these fairly quick-to-prepare tartines. Recipe may be halved.

1. Top olive virgin olive oil of choice
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1. Prepare the pepperonata. Heat 1 Tbsp of the oil in a large sauté pan over medium heat. Add onions and pork. Cook and stir until onions begin to soft-



- en about 2 minutes. Add tomato paste and stir well. Add yellow bell pepper. Cook and stir until crisp-tender, about 2 minutes.
2. Turn off heat. Stir in vinegar, sliced peppers, and basil. Transfer to a bowl and set aside. Wipe pan clean.
3. Heat remaining 1/2-cup oil in the skillet over medium heat. Add pork chops. Sprinkle with pepper salt. Cook for 2 minutes. Turn and continue cooking for 1 minute or until just cooked through.
4. While chops cook, slice rolls to half. Spread 1 Tbsp. of the goat cheese on each roll and place each roll on a separate plate.
5. To serve, place a chop on top of the

cheese. Top each chop with 1/2 of the pepper-onion mixture and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 250 CALORIES, 14g CARBOHYDRATE, 12g PROTEIN,
 10g FAT AND SATURATED FAT, 10mg CHOLESTEROL,
 100mg SODIUM, 10mg FIBER



COLONEL MUSTARD

Pork always goes well with mustard. Here try pork chops and top with any of our dailies. One taste of our delicious® mustard. Creamy, Honey, White, Maple, Irish Whiskey and Raspberry Honey.





fresh & local

Get cooking Close to Home with our Fresh & Local recipe contest

Shop local — and well

Your recipe might win a \$1,000 Husband Gift Card! Our locally made and locally grown Clean to Home products are fresh as can be, and when you buy them, you're supporting growers and businesses in your community.



Look for the Close to Home logo when you're shopping – then get creative. Our annual recipe contest is your chance to showcase your favorite Close to Home ingredients. We're an appetizer, entrée, side dish, dessert, or main.

Your recipe must use at least one product from a *Classé* Hainaut supplier and you must specify the supplier (for example, *Bochet (H&C) Ltd*) in the recipe. Your recipe may win a Hainaut food gift. *CAVE*, plus winning recipes will be published in the *MyClassé 2016* issue of *monchâssin* fresh magazine.

To enter, type or print your message and include the following information at the top: your name, address, phone number, email address, and Close to Home supplies and ingredients:



You can read more about Hammond's Close to Home program – and check out the interactive Close to Home website now – at www.hammond.com

The Role

- Recipe can be for an appetizer, side dish, entree, dessert, beverage, or condiment
- Recipe must contain at least one food from a class in Home supply
- Recipe must be your original recipe
- One entry per person
- Deadline: November 1, 2010

Email your recipe as a .doc attachment (not a pdf) to: freemagazine@hmfairford.com with "Hemstead, Fresh & Local Recipe Contest" in the subject line. Or mail your recipe to: Hemstead Recipe Contest, P.O. Box 820446, Boston, MA 02142. For complete & official rules that govern this contest, visit the website at: hmfairford.com.

Review

Grand Prize: 1 winner, \$10000 Homeford Gift Card
Second Place: 1 winner, \$7500 Homeford Gift Card
Third Place: 1 winner, \$5000 Homeford Gift Card
Honorable Mention: 11 winners, \$250 Homeford Gift Card

[illegible]

Nutrition-Boosting Cooking Techniques

Simple preparation and cooking tricks unleash healthy benefits

BY LAURE SAUSMAN WITH RITTY BROWDER AND JOE PHOTOGRAPHY BY ANDREW KELLER

We all know that what we eat has a great impact on our health, but how are such one foods can also affect the nutrient content of our meals? Studies have shown that making simple adjustments to food preparation can increase the health benefits of your meals.

Many recipes begin with cooking food in oil, whether it's sautéing meat or sautéing offshoots. Take care not to overheat oil. As you spend more time in a kitchen, the smoking point and breaking down of oil can be hazardous to your savings. If you accidentally overheat your oil, throw it out and start over at a lower temperature.

Mind the heat as well when cooking, because roasting vegetables. Vegetables are very delicate and can break down with excess heat, roasting veggies just until tender to retain vitamins C and other essential nutrients. If vegetables are past, it's a multi-nutrient recipe, add them toward the end if possible. The result will be a stunner, more nutrient dense dish.

How you prep vegetables can also affect their nutrient value. Kale and cabbage, for example, benefit from being chopped, and helps release their various vitamins. Chopping or crushing leafy greens stimulates enzymatic processes that produce vitamins the compound responsible for many of the health benefits. With a minute or two after chopping garlic before using it as a recipe to obtain the maximum health benefits.

Many nutrients are water soluble, so if you cook vegetables in water, save that water for other uses. The water you use to cook dried

beans, for example, can be used in place of vegetable broth for added nutrients in soups and stews. Don't drain rice before cooking, as the rice wash away nutrients like thiamin.

We offer a quartet of recipes that utilize some of these techniques, and all are Goldilocks™-good.

CHICKEN AND SPINACH WITH BALSAMIC CITRUS SAUCE

ACTIVE TIME: 15 MINUTES
TOTAL TIME: 20 MINUTES

Heat the skillet before adding oil to prevent chicken from sticking. Serve with brown rice or quinoa. Recipe may be halved.

Nutrition-boosting techniques: Quickly cooking the spinach helps retain its nutrients.

1. Toss orange juice concentrate
2. Add fresh lemon juice
3. Toss balsamic vinegar

4. Top chicken
5. Top mixture
6. Cook mixture (see sodium vegetable broth found in the Organic & Natural aisle)
1. Toss extra virgin olive oil
2. Sauté chicken, spinach, then add balsamic vinegar
3. Top chicken
4. Top water divided
5. Cook for 10-15 min. Taste of balsamic? Add spinach

1. In a small bowl, whisk together orange juice concentrate, lemon juice, vinegar, oil, salt, pepper, and garlic. Set aside.
2. Heat a large nonstick skillet over medium heat. Drizzle a bit of oil, pour in oil and swirl pan to coat. If the oil smokes, lower a bit and start over at a lower temperature. Sauté chicken on both sides until evenly cooked through, about 2 minutes per side. Remove chicken to a plate.
3. Pour orange balsamic mixture into the skillet. Increase heat to medium-high. Cook, stirring occasionally and uncovered by half, about 5 minutes. Mix concentrate with 1 cup of hot water until diluted. Stir into the sauce and stir well.
4. Remove chicken to skillet. Cook on both sides until cooked through, 2 to 3 min. once occasionally spooning sauce over the chicken, as it cooks. Transfer chicken to a serving platter and vent with food. Pour any remaining sauce into a small bowl.
5. Remove skillet. Add spinach and remaining 1 cup water and cook until the steam has just quit rising. Stir 1 minute. Blend spinach next to chicken and drizzle sauce over both. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNCOOKED, UNDRAINED, UNSEASONED) (100 PERCENT DAILY REQUIREMENTS) (NON-ORGANIC, UNWASHED) (10 PERCENT)



NUTRITIOUS TECHNIQUES IN A NUTSHELL



ASIAN MEATBALL SOUP WITH KALE AND PEEI NOODLES +

SERVES 4

ACTIVE TIME 30 MINUTES

TOTAL TIME 45 MINUTES

Heat meatballs simmered with ginger, garlic, and soy sauce under the Asian-inspired soup-something special. Soup will keep fresh in the refrigerator for 3 days. Serve noodles and herbs separately so the noodles will absorb the liquid. Keepers may be heated and frozen.

nutrition Boiling (or sautéing). Adding the kale toward the end of cooking prevents its bright green color as well as its nutrients. (Chopping) kale releases its antioxidants.

- 4 cups low-sodium chicken broth
- 4 quarter-size slices fresh ginger
- 1 tsp. grated fresh ginger
- 10 oz. fresh meat ground beef
- 1 egg white
- 3 tbsp. green-dyed dried onions
- 10 oz. frozen garlic

A WORD ABOUT WATER

Many vitamins (such as B and C) are water soluble, which means they'll be lost if you boil. When choosing how to cook vegetables and grains, keep these tips in mind:

- 1 Save the cooking water from beans and vegetables for stock-broth, soup, or sauce, under many of their vitamins are water soluble.
- 2 Use as little water as possible when cooking vegetables, not to steam, not boil.
- 3 Use a rimmer (or other splash) especially enriched grains. Rinsing removes vitamins and minerals, such as B vitamins.



tip: Use reduced-sodium soy sauce.

- 1 cups (1 minced) chopped (finely) grated kale leaves

1 10 oz (1 bag) frozen noodles

tip: Use (sautéed) onions if

- 2 sautéed (sauté) onions if

1 In a large soup pot, combine broth and ginger slices. Bring to a simmer over medium-high heat. In a separate soup pot, bring 3 quarts water to a boil over high heat for cooking the rice noodles.

2 While broth heats, make meatballs. In a large bowl, mix together ground beef, ground beef, egg white, bread crumbs, garlic, and soy sauce. Form into 18 to 20 meatballs (a small ice cream scoop works well for this).



tip:

Chopping kale releases powerful antioxidants like sulforaphane.

3 Remove ginger slices from broth with a slotted spoon and discard. Place meatballs in the broth, bring careful pot to simmer them. Bring to a gentle boil over medium-high heat. Reduce heat to medium-low, cover, and simmer gently for 10 minutes. Add kale. Cover and simmer 10 more minutes. Meatballs are cooked through and kale is tender.

4 After adding kale to the broth, drop rice noodles into pot with boiling water. Cook for 3 minutes. Drain, then drizzle noodles among 4 bowls.

5 Stir sesame oil and sautéed onion into broth. Divide broth and meatballs among the 4 bowls. Serve at once.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (4 SERVINGS = 100 CALORIES): 100 CALORIES, 10g PROTEIN, 10g FAT, 10g CARBOHYDRATE, 10g FIBER, 10g SUGAR, 10g SODIUM, 10g FIBER, 10g

Wonderful Winter Squash

Some techniques for cooking these classic seasonal beauties

BY KATHY GIBST PHOTOGRAPHY BY MARI FORD

On rare days, autumn is abundant: winter squashes in all its glory arriving on the produce shelves — cool-as-weather and comfort-cooking are about to follow.

Winter squashes, with no bright orange flesh, is actually different from warm-colored, then abundant summer squashes. The tough skin of the various winter squashes — as shades of beige, green, yellow, even pale blue — keeps these beauties for several weeks.

Squashes do not easily rot, but to soften and remain firm, steam or roast it to get the most benefit from its nutrients, then add a little healthy fat like olive oil to make those nutrients easier to absorb. Squashes pair well with spices like cinnamon or nutmeg — think pumpkin muffins, pie, or chutney (see page 32). At the same time, that sweet-tart balance will work nicely alongside recipes like Dutch babies. We offer these tempting recipes to maximize varied techniques of cooking with squashes.

Roast for squash that feels heavy (a sign of freshness) and pour it in a bowl, drizzle you — a yellow to olive oil, a swirl and end to great to have on hand for healthy meals throughout the fall and winter.

JAPANESE-STYLE ROASTED SALMON WITH KANCHO SQUASH

SERVES 4

ACTIVE TIME: 35 MINUTES

TOTAL TIME: 1 HOUR

A combination of Asian flavors creates a delicious glaze for the salmon and the squash. Kancho squash is a traditional Japanese variety, but you can also use butternut or butternut squash.

Here we'll roast a Piece® Chrysanthemum or White Star. Butte may be baked and steep for hours.

1. In a bowl, combine squash, washed and cut into 1-inch half-moon slices.
2. Toss with 1 Piece Canola Oil.
3. Top with 1 teaspoon of 1 Piece Mustard.
4. Top with 1 teaspoon of 1 Piece Soy Sauce.
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1. Preheat oven to 425°F. Spray a roasting pan with vegetable cooking spray.

Place squash slices in the pan and toss with olive oil, salt, and pepper. Roast for 15 minutes.

2. Meanwhile, in a medium bowl, mix 1/2 cup garlic, 1/2 cup shallots, 1/2 cup soy sauce, 1/2 cup olive oil, 1/2 cup lemon juice, and 1/2 cup of the squash. Stir well.

3. Remove squash from the oven and get a little more olive oil. Pour half the sauce on top and mix another 5 minutes.

4. Gently move squash slices off to the sides of the pan. Place salmon fillet on the center. Pour remaining sauce on top of the salmon and heat for 14 to 17 minutes depending on the thickness of the fillet until salmon is cooked through.

5. While fish cooks, preheat broiler. After roasting, squash sauce from the bottom of the pan on top of the salmon and squash and broil for 4 to 7 minutes, or until salmon and squash look nicely glazed and golden brown, watch carefully. Transfer fish to a plate and place squash on other side of the plate.

Sprinkle with remaining 1/2 cup squash and serve immediately.

Antioxidant-rich tomatoes, the healthy "good fat" of olive oil, and the healthy omega-3 fatty acids of salmon make this a healthy meal. The squash is a good source of fiber, potassium, and vitamin A.

good and healthy

Winter squashes is packed with nutrients. The bright orange color indicates that it is high in carotenoids, which are antioxidants that play a role in fighting various cancers. Plus, it is high in fiber and vitamins A and C, and iron.



SQUASH ROASTED WITH SAGE

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 35 MINUTES

This creamy, comforting rice dish is flavored with butternut squash, fresh sage and Parmesan cheese. Serve as a main course, with a salad and bread, or as a side dish with roasted chicken, meat or vegetables. The recipe is best served within 30 minutes.

Note: This recipe works well with any winter squash including Hubbard, butternut or acorn.

1. **Prep:** Measure 1 Pound Organic Extra Virgin Olive Oil
2. medium onion, finely chopped
3. eggplant, cut in 1/2 inch cubes
4. egg, freshly ground black pepper or to taste
5. 1/2 butternut squash, peeled, seeded and chopped into 1/2 inch cubes
6. cup fresh Hawaiian Plant-Organic Sage leaves, cut into thin strips desired
7. cups of white rice
8. cups low sodium vegetable broth (found in the Organic & Natural aisle)
9. cup Hawaiian Plant-Organic Shredded Parmesan cheese, divided

1. Heat oil in a medium sautépan over low heat. Add onion, egg and pepper and cook



WINTER SQUASH ROSTER

Round, oblong or bumpy like winter squashes come in a variety of intriguing shapes, sizes, and colors. Here's a list of just a few:

- **Acorn:** Shaped like a spind acorn, with a ridged dark green skin often rimmed with orange. Smaller than many other winter squashes, they're better used whole with a slicing.
- **Butternut:** Teardrop-shaped, it is a long, has a bumpy, rich dark green skin often flecked with grey. Cut cross round, baked or added to soups and stews.
- **Butternut:** Large, yellow for squash, resembling an elongated pear, it is 12 inches long.
- **Hubbard:** It grows with blue-gray skin and orange flesh. Used like a pumpkin, roasted or baked.
- **Kabocha:** Turban-shaped and green skinned, resembling butternut squash. Often used in soups and added to Italian noodle soups.
- **Pumpkin:** Round and orange in a range of sizes, like smaller sugar pumpkins for cooking and baking, larger pumpkins for carving. Top mini pumpkins can be seeded, roasted and baked whole.
- **Sagefruit:** Strong and pale yellow with strong speckles like fish that can be baked in 15 minutes.

8 minutes, stirring occasionally. Add squash and 3/4 cup of the egg and cook, stirring, for 3 minutes. Add rice and cook, stirring, for 1 minute, making sure to use the rice burner's well with the egg and onion.

2. Add 1 cup of the broth and cook for 3 minutes, stirring occasionally. When most of the broth has been absorbed, add another cup of broth and cook another 3 minutes, stirring every minute or so. Stir in a third cup of broth and cook, stirring frequently, for 10 minutes or until the rice begins to absorb almost all the liquid. Stir

in the final cup of broth. Cook another 3 to 10 minutes, stirring frequently or until the rice and squash are tender and almost all the broth has been absorbed by the rice. The rice should still look a bit wet.

3. Remove from heat and gently stir in 1/4 cup of the cheese. Serve hot, garnished with the remaining 3/4 cup sage and 1/4 cup cheese.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (DECAHEDRON AND CARBONATED POLYCARBONATE 16 FL. OZ. BOTTLE): 100g CARBOHYDRATE, 100g PROTEIN, 100g FIBER.



SQUASH PREP

- Use a vegetable peeler to remove the outer skin of the butternut, leaving about 1/4 inch of the orange flesh underneath.



Find more recipes
preparing squash at
hawaiian.com

SQUASH AND BEEF STEW WITH CINNAMON-HONEY SAUCE

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME (INCLUDES 30 MINUTES)

Serve this tender beef stew with rice, eggs, noodles, or simply let your Place bowl do the work up the table sauce. The stew can be made a day ahead, covered, refrigerated, and later reheated over low heat. Recipe may be halved and used for the dinner.

- 1/2 cup flour
- 1/2 tsp salt or to taste freshly ground black pepper (dried)
- 1 lb. inspiration Angus Beef New York
- 3 Tbsp. inspiration olive oil (dipping oil)
- 1/2 cup dry red wine (dried)
- 1 medium onion, very finely sliced
- 1/2 lb. inspiration squash (peeled, seeded and cut into 1/2-inch chunks)
- 1 Tbsp. chopped fresh Nature's Place Organic Rosemary leaves
- 1 Tbsp. fresh Nature's Place Organic Thyme leaves
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp salt or to taste
- 1 cup low-sodium vegetable stock
- 1/2 cup finely chopped fresh Nature's Place Organic Italian Parsley (dried)
- 1/2 cup finely chopped tomatoes (dried)



1. Place the flour and 1/2 tsp of the pepper in a medium bowl and mix well. Remove 1/2 Tbsp. and reserve. Lightly dredge the beef cubes in the remaining seasoned flour so flour adheres to all sides but doesn't clump.
2. Heat 1 Tbsp. of the oil in a large pan over medium-high heat. Add beef (being sure not to crowd the pan) and cook for 3 to 4 minutes on each side, or until lightly browned. Transfer to a plate and set aside.
3. Add 1/2 cup of the wine to the pan and deglaze the pan over medium heat, scraping up any bits from the bottom, about 2 to 3 minutes. Add remaining 1 Tbsp. oil so pan reflects heat so low, and add onion. Cook for 8 minutes, stirring occasionally, until onion is softened and beginning to brown. Add squash and stock, stirring, for 3 minutes. Sprinkle in reserved 1/2 Tbsp. fresh rosemary leaves, bay leaf, cinnamon, salt, and remaining 1/2 tsp pepper and stir to combine.
4. Return heat to pan and add remaining 1/2 cup wine and herbs. Boil for 10 to 20 minutes, until most of the liquid and onions have evaporated, covered, for 15 to 20 minutes. Add 1 Tbsp. each of the parsley and tomatoes. Serve hot, sprinkled with remaining parsley and tomatoes.

VEGETARIAN AND VEGAN WITH CINNAMON-HONEY SAUCE



WINE SUGGESTIONS

Wine with gravity or heart, since most wines will work with squash.

For the Squash and Beef Stew, choose a wine with a bit of acidity and a touch of sweetness.

Chardonnay (for a summer lighting) or a medium body. The wine adds a touch of sweetness to the stew.

Red wine (for a winter lighting) or a medium body. The wine adds a touch of sweetness to the stew.

White wine (for a summer lighting) or a medium body. The wine adds a touch of sweetness to the stew.

Red wine (for a winter lighting) or a medium body. The wine adds a touch of sweetness to the stew.

White wine (for a summer lighting) or a medium body. The wine adds a touch of sweetness to the stew.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 410 CALORIES, 14G CARBOHYDRATE, 24G PROTEIN, 12G FAT, 10G CHOLESTEROL. OTHER NUTRIENTS: 10G FIBER, 10G SODIUM, 10G SUGAR, 10G VITAMIN C.

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HEALTHY DELI EATS AT HOME

GET MYSTERY TURKEY SANDWICH

Pick up **Roasting Beans®** roasting beans (served in the Deli in a bag) and **Roasted Andouille Sausage** from our Deli meats. Add to get **Beans at Naturus Place®** **Roasted Beans** and a container of **Naturus Place®** **All Natural Turkey Sausage** (served with apples).

In Produce, try **lettuce or Boston lettuce** and **Naturus Place tomatoes** ripe and ready for eating.

Stop by the bakery for a loaf of **Naturus Place All Natural Multigrain Bread** and your cream filled **donuts** for dessert!

WOOKE WRAP AND MORE

Start out in a wrap - try **Center's Whole Wheat or Spinach Wraps** both with a **Gooding Star** available by the Bakery.

By Produce, pick up your favorite **Center of Naturus Place Organic Beans**. Get **multigrain corn** and **inspiration: Spring like Lettuce** in roll out for wrap. At the Deli, get **Inspiration Chicken** and **Homemade**.

For soup, try **Naturus Place Beans** (try **Wild Beans** or **Mushroom Soup** like at the Deli) and **Organic meat**. Add **Gooding Star Beans** from the Bakery for a second soup.

SANDWICH INSPIRATIONS

At the Bakery, pick a container of **Naturus Place all-natural breads**.

Go to the Deli for an assortment of our new **Roasting Beans** (served in a bag). In a bowl? The Deli also has **lettuce** and **multigrain wraps** and **sandwiches**.

Add a **Naturus Place** roll from Produce, or a simple **green salad** with **Naturus Place Organic Baby Spinach**.

For dessert, keep it simple with **Glass by Naturus Place** apples and pears and your **inspiration: Chocolate** **Produce** **Butter Topping** for it going.



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L A R A B A R

See additional rules below for additional entry information and how method of entry restrictions.